



## Physical Therapy

Physical Therapy is an integral part of the Lifestyle pillar and The Trust program overall. A vast majority of the former players have chronic pain and have not been educated on what a course of PT rehabilitation can do to help them, and also how they can help themselves. Too often the answer for a majority of these former players is to simply deal with the pain, or take some sort of pain medicine to try blocking it.

When coming to EXOS one of the first thing the players complete is a full PT evaluation of the entire body to gain a true understanding of their impairments and the needed focus areas. Very often the area of pain is not where the issue is and this can only be teased out with a thorough evaluation. Following this evaluation a plan of care is devolved for the time they are with us, as well as for when they leave. It is very important to empower the patient and provide them with strategies to safely help themselves at home.

Below is a list of common injuries issues/injuries seen with former players coming in through The Trust Program:

- Chronic low back pain
- Chronic neck pain
- Knee pain with loading activities
- Shoulder impingement
- Cervicogenic headaches – often stemming from poor posture and muscle tightness in neck and shoulders
- Significant restrictions in hip and ankle mobility – often feeds into low back pain.

These are the most common orthopedic issues seen during Physical Therapy evaluations and are the focal point of treatment.